

# R2J On the Move

**Goal:** To successfully climb up Longs Peak during the 16-week fall session and make your way down Longs Peak during the 16-week spring session.

**How:**

1. Wear your pedometer everyday.
2. For every 2,500 steps you take, mark an "X" in one box on the Longs Peak trail. For example, if you take 10,000 steps a day you would fill in 4 boxes each day.
3. Remember, making physical activity a consistent part of your life can have a large impact on your health. Not only will you feel good about yourself and have more energy, but regular physical activity can also help you achieve and/or maintain a healthy weight and decrease your chances of developing many diseases such as heart disease, diabetes, and high blood pressure.



Up You Go!

Down You Come!

